

Senior Spirit

Senior Services and D.A.R.T. Transportation

DIRECTOR'S NOTES

Community and Senior Center update

Well time is flying by and we have been open for four months now and moving forward with the generosity of the community in getting equipment and other unfunded needs. Special thanks to Young at Heart and the Community and Senior Center Foundation. We have been able to fund, scoreboards, carpeting, toilet risers, safety bars, floor machine, microphone funds, bleachers and ballet bars. We are still looking at raising funds to put a stage in the Grand View Dining Room that fits.



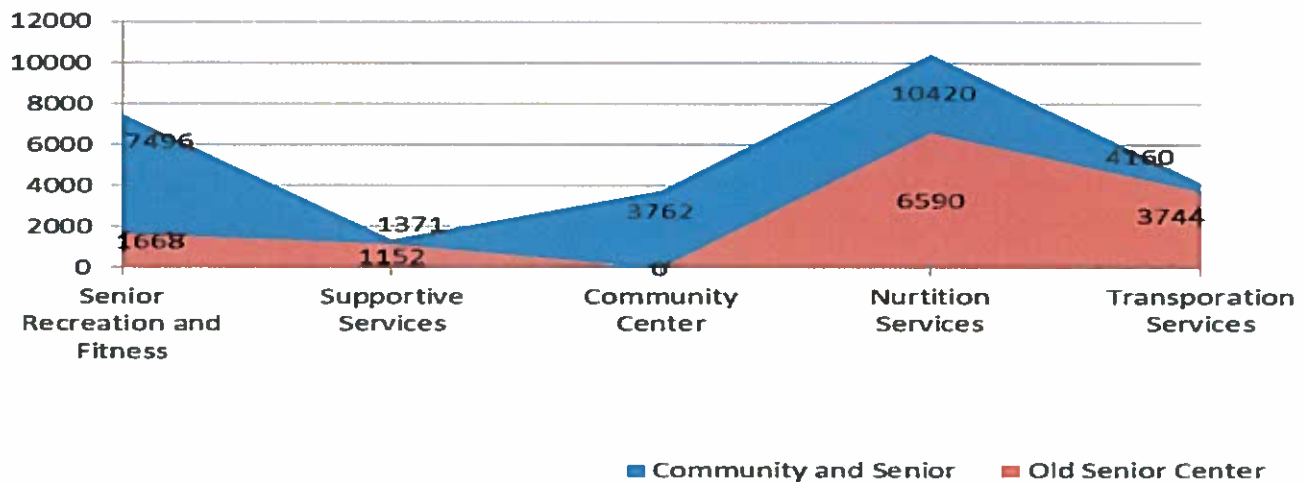
New Programs thanks to Volunteers!

We are excited to announce that a technology class has begun. The Douglas High School Leadership group has partnered with seniors to answer questions about ipad, iphones, computer questions, internet, email, social media and much more. We had a great time with them and look more classes in the near future.

How are we doing?

We are so excited to see all our new friends and feel that we are off to a great start. Over this past couple months, we have tried to diligently track all the new and existing programs that are being provided by the Community and Senior Center. Here is a comparison between services being offered that were provided at the old seniors center compared to what is currently happening at the Community and Senior Center:

Douglas County Senior Facility Impact Comparison December 2014 to February 2015

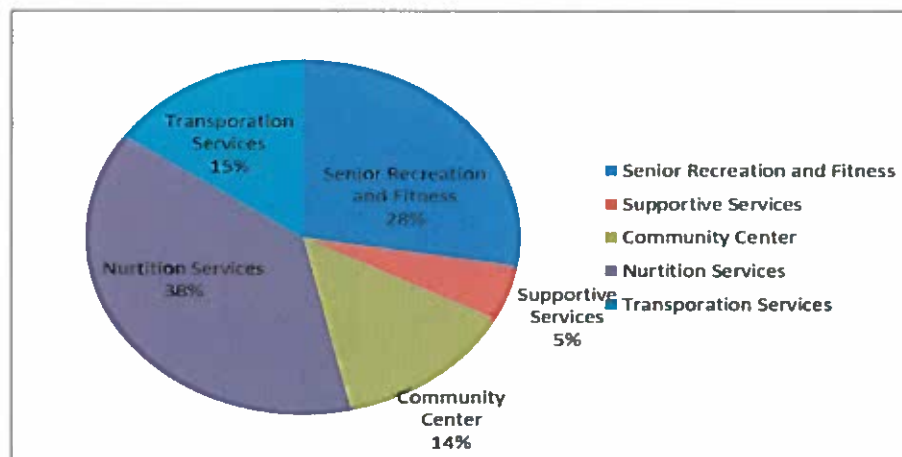


Upcoming Survey's Dining program

During this month we will be spending 5 days collecting feedback from all seniors who attend our lunch program. We are always looking for ways to improve quality and support our volunteers who make our lunch program work. I would ask all involved, including senior who are homebound, to help us by giving feedback about menu items. This program is in part, funded by grant funds through Aging and Disability Services Division. With that in mind, we are required to add state menu items weekly and have some flexibility with keeping lunch fresh, healthy and nutritionally sound. We look forward to your comments.

DART Transportation

Also, this month the 5311 FTA grant is due. This grant is administered through NDOT and provides maintenance, vehicles, operational funding with some match from Douglas County. Riders of DART are encouraged also to fill out a survey to let us know how we are doing. Lastly, during April DART Sponsorship program will be out seeking advertising sponsors. So stay tuned!



Travis K. Lee
Community Services Division Manager
Douglas County, NV

Important Douglas County Senior Services Programs

Congregate Dining: Lunch is served each Monday-Friday starting at 11:30pm at the Senior Center located at 1329 Waterloo Lane. The suggested donation for lunch is \$3.00 for anyone 60 or older, and \$7.00 for those under 60. ***Those unable to pay will not be denied service.**

TRE Congregate Dining: Congregate Dining is provided each Monday, Tuesday and Thursday at 12pm at the TRE Community Center located at 3939 Carter Way in Topaz Ranch Estates. The suggested donation for lunch is \$3.00 for anyone 60 years or older.

***Those unable to pay will not be denied service.**

North County Dining: Congregate Dining is provided each Wednesday and Friday at 12pm, at the James Lee Park GID, located at 3394 James Lee Park, Carson City (Indian Hills). The suggested donation for lunch is \$3.00 for anyone 60 years or older. ***Those unable to pay will not be denied service.**

Homemaker Assistance: The Homemaker Service provides weekly or bi-weekly visits of basic cleaning, laundry, grocery shopping and cooking assistance.

The suggested donation for this service is \$3.00 per hour. 783-6455

Meals on Wheels: All Seniors 60 years and older who are physically incapacitated or unable to leave the house can receive weekly Meals on Wheels. The suggested donation for this service is \$3.00 per meal*. 783-6455

Transportation: Transportation is provided for all seniors 60 and older. Round trip medical transportation is available. **Due to demand, we request a 2 day notice on appointments to ensure service.** Call 783-6456.



Are you looking for an opportunity to volunteer? Come on in to the Senior Center and find out how you can help us keep our programs running or call 783-6455.

Important Contacts In Our Community

Aging and Disability Services Division: (C.H.I.P) 687-4210	Elder Abuse: 800-992-5757	Nevada Job Link: 684-0400
Alzheimer's/Dementia Support: 883-0703 ext. 223	Energy Assistance: 684-0731	Douglas County Parks & Rec: 782-9828
Gentiva Hospice 775-882-5735 or 775-443-7556	Elder Protective Services: 688-2964	Ron Wood Family Resource Center: 884-2269
Crisis Call: 800-992-5757	Family Support: 782-8692	Senior Legal Helpline: 877-693-2163
DART Transportation: 783-6456	Fire Department: 782-9996	Senior RX: 687-8711
Douglas County Community Health Nurse: 782-9038	Food Closet: 782-3711	SHIP: 775-267-7907
	Grief Support: (530) 543-5605	Social Services: 782-9825
	Guardianship: 721-1239	State Welfare: 684-0800
	HUD Housing: 887-1795	

"Let your fingers do the walking"

COUNTY COMMISSIONERS—

Doug N. Johnson (Chairman), Nancy McDermid (Vice-Chairman), Greg Lynn, Barry Penzel, Steve Thaler

SENIOR ADVISORY BOARD MEMBERS—

Bob Cook (Chairman), Kevin Servatius (Vice Chairman), Andrea Rajeski (YAH Representative), Tom Ingham (Council Member), Felix Lockwood (Council Member), Robert Schultz (Council Member), Mike Olson (Council Member), Jim Nichols (County Manager), Scott Morgan (Community Services Director) and Travis Lee (Manager of Senior Services).

SENIOR SERVICES STAFF—

(Director) Travis Lee, (Transportation Coordinator), Linda Skaggs, (Drivers) Russ Kozerski, Renee D'Accardo, Ron Schnur, Henry Martinez, Robert "Woody" Wood, Richard Petersen, James Villa Senor (Food Services Supervisor) Tammy McComb, (Kitchen Staff) Victoria Broom, Brittney Schreckengost, Danielle McGillivray, Tabitha Nickerson, and Brittany Schell (Recreation Specialist) Sheri Karosich, (Senior Office Assistant) Patti Gurule, (Homemakers) Cindy Ponder, Kathy Cullen, Kim Cunningham

More Douglas County Senior Services

D.A.R.T



775.783.6455
775.783.6456

Fares:

Adults: (age 12 & over)...\$2.00 per ride
Seniors *\$1.00 donation
Student ID Discount.....\$1.00 per ride
Medicare.....\$1.00 per ride
Disabled.....\$1.00 per ride

* Services will not be denied because someone chooses not to contribute.

Did you know?

**** Need a Notary?** For just \$5 per person, our very own Patti Gurule will notarize your signature. All proceeds benefit Meals on Wheels. Be sure to call for an appointment at 782.5500.

**** DMV Services** will be visiting the Senior Center on **2nd & 4th Monday's** of each month. From 10:30am - 12pm to take renewals and answer questions in the Senior Center Conference Room.

**** The Health Nurse** will be visiting the Senior Center, TRE and N. County Community Center(s) this month to provide **FREE Blood Pressure Checks**. To have your Blood Pressure checked, come to the Gardnerville Senior Center on Wednesday, April 15th from 10:45am-11:45am. or to the TRE Community Center Blood Pressure Clinic is Tuesday, April 21st from 12:15pm-12:45pm or North County (GID) on Wednesday, April 22nd from 11:45pm-12:15pm.

**** Are you a Veteran?** Do you have questions about your benefits or what services may be available to you. **ROVER** will be back in our area starting April 28th to work with our Veterans on disability and other claims. **One hour appointments will be available from 10 am to 3 pm. Emergency help and appointments are also available.** To schedule an appointment call ROVER representative, Josh at (775)688-1653. Veterans are advised to bring their DD-214 discharge document, VA card and current VA claim correspondence.

****Nevada SHIP volunteers** can help through the Senior Center. SHIP counselors provide free objective and unbiased information about Medicare and will assist to determine if you are eligible for savings programs that *save you money*. Please call Diane Noble (775) 267-7907 and leave a message with your name and telephone number.

*****Support groups** are available throughout the month for various needs. We have a Dementia & Alzheimers Support Group that meets the 3rd Wednesday each month. Our Sight Impaired Group meets the first Thursday of each month. On the 2nd & 4th Wednesday of each month, Vitality for Life sponsors a "Coping with Change" support group for those who may be having difficulty with grief, loss, or any kind of unexpected "life changes". For more information about any of these groups, call the Senior Center to inquire. (775) 783-6455



YOUNG AT HEART



Current 2014-2015 Young At Heart Board Members



YOUNG AT HEART BOARD MEMBERS—

Andrea Rajeski (President), Bob Issacs (Vice President), Howard Althouse (Treasurer), Paul Lockwood (Secretary), John Cast-er, Lucie Johnson, Annette Muller, Linda Sawtelle, Nick Cane, Bob Cook (Senior Advisory Board Representative), Travis Lee (Manager of Senior Services), Scott Morgan (Community Services Director), Steve Swabacker (Community at Large Member #1) and Doug Petersen (Community at Large Member #2).

What is Young at Heart?

Young at Heart (YAH) is a nonprofit organization that raises funds for the Douglas County Senior Center's needs and sponsors events and groups that benefit our Seniors.

What do we do?

Events we sponsor include: Weekly and Monthly Bingos, 90+ Birthday Meals, 100+ Birthday Celebration(s), Mother's Day Flowers, Father's Day Treats, 50/50 Birthday Raffles, Bake Sales, You-Pick-It Raffles, Ice Cream Social (free to members), Christmas Craft Fair, Christmas (Lunch) Party (free to members), and Christmas Gift Bags for Homebound Seniors.

We support the Hot Soup Program, Adopt an Elder Project and the Sight Impaired Support Group. In addition, we manage the YAH Gift Shop.

Each year the Center and the Kitchen give YAH a "wish list" of items that are not covered by the budget. YAH tries to fulfill those wishes such as: YAH Purchased the new industrial kitchen and the warming kitchen in the Senior Center dining room in 2014. Membership is only \$5 for the year!

When does our Senior Services and Young at Heart Board(s) Meet?

On the Second Monday of each month our Douglas County Senior Services Advisory Board meets at 8:15am in the CVMC Conference room at the Senior Center, followed by the YAH, Senior Citizens Club Board of Trustees meeting at 9:30am.





MARCH UPDATES



YAH MEMBERS Remember this date! April 11th is our first Ice Cream Social Bingo. You'll get 2 cards FREE, and \$1.00 for each additional card. This event is for **MEMBERS ONLY**; however, we will be selling memberships that Saturday for the Young at Heart, which is \$5.00 for the year.

One of our goals for 2015, is to help fund the Hot Soup Program. Many may not know, but we have always had sponsors for the Hot Soup Program, but for 2015 one sponsor has moved on. So, we are seeking donations to help us fund this program. The Hot Soup runs around \$1300.00 a month, (\$60.00 a day, or \$300.00 a week) this includes the Gardnerville Senior Center, TRE and North County. We would like to give a huge thanks to Sertoma for their generous donation of \$3,800.00 and Mrs. Karon Puchalski for her \$25.00 donation towards the Hot Soup Program. Every year Sertoma hosts a Crab and Tri Tip "Feed" of which a portion of their proceeds goes to the Hot Soup Program. Another chance for you to contribute is in the water jug located next to the lunch board, any monetary donations are gladly accepted. Finally, if you know anyone who might be interested in helping us fund the Hot Soup Program PLEASE send them our way.

Elections are just around the corner. This year there are five spots open for anyone is interested in running for the YAH Board. To find out how to get involved, please contact Steven Swabacker 775-267-1608, saswabacker@charter.net, or leave name phone number at front desk. You may also see Andrea Rajeski your YAH President (Thursday), must be 55 or old.

Our YAH membership, is going GREAT, but there are a lot of seniors out there who have not renewed your membership. Please stop by the gift shop as they're open 10-2 M-F, cost is only \$5.00 a year(calendar year), with this you get the Ice Cream Social, and the Christmas Lunch all for free. All of the dues collected are used to fund activities for the seniors in Douglas County.

Get your pencils and pens out, and mark this IMPORTANT date down! It is a one of a kind event, coming your way at the Douglas County Community/Senior Center, June 27th 2015. The Young at Heart will be having a TRUNK SALE. What is a trunk sale? Well we plan to load up your cars, trucks, vans with items you wish to sell in the parking lot of the Community Center. There is a space fee to participate; registration forms in foyer of Senior Center.

Looking for something to do? We are looking for volunteers to help out in the kitchen for Sunday Bingo's. Please see Annette Muller (volunteers on Thursday and Friday) 775-265-1948. We have Bingo once a month (3rd Sunday) and if there are five Sunday's then on the fifth Sunday as well.

Andrea Rajeski, YAH President



YAH ACTIVITIES



April

2nd—Sight Impaired Support
10:30am
5th—Sertoma Bingo & Easter
8th—50/50 Raffle
11th—Ice Cream Social & Bingo
13th—YAH Board Meeting
19th—YAH Bingo
27th—Garden Club

May

3rd—Sertoma Bingo
7th—Sight Impaired Support
10:30am
8th—Mother's Day Celebration
9th—Big Mama's Show & Shine
10th—Mother's Day
11th—YAH Board Meeting
13th—50/50 Raffle
17th—YAH Bingo

June

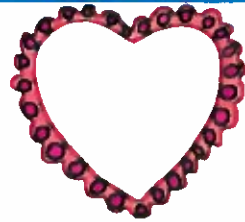
4th—Sight Impaired Support
10:30am
7th—Sertoma Bingo
8th—YAH Board Meeting
10th—50/50 Raffle
12th—Father's Day Celebration
14th—YAH Bingo & Father's Day
22nd—Garden Club



YAH ACTIVITIES



Get Involved



YAH Community Bingo

**\$16.00
Buy In**

@ the Senior Center
Sunday, April 19th, 2015
Doors open at Noon:

Progressive Pot:
\$ 300.00
& 50 numbers

*There will be no Special
Bingo for the month of April.



Carson Valley Bridge Club



We invite you to join us Monday at 1:00 pm.
Location: Douglas Community & Senior Center at
1329 Waterloo Lane.

Sanctioned Duplicate Bridge. (Check the Senior Activities
Calendar for additional Bridge playing opportunities)
All welcome.



Sight Impaired/Low Vision Support Group
Do you struggle with sight impairment or
blindness?

Come join us on Thursday, April 2nd 2015 in
the Carson Valley Medical Community Outreach Room. We
will meet from 10am-11:30. The topic is "Cooking for
Two".

Volunteers Needed



Bingo Volunteers are needed for the
Sunday Bingo and cooking food starting at
10am Contact Lillian Heckers at 267-4897
for more information.

Green Thumb Garden Club

The Garden Club Meeting is on
hiatus until April 27th. Check
back for meeting times and loca-
tions in 2015.



GIFT SHOP



The YAH Gift Shop had its Grand Opening on
December 15th and is now in business Monday—Friday
from 10am-2pm. Come visit us and see all of the beautiful
handmade items that Artists have brought in. We are still
looking for more volunteers. Please contact Sharon 265-
3401 or Margaret 392-0585 for more information. We look
forward to seeing you in the New Year!

Senior Table Tennis

Come and enjoy and learn the exciting game of table
tennis every Tuesday from 10:30-12:00pm.
Table Tennis benefits include; Increased
concentration and alertness, stimulates brain
function, provides aerobic exercise and pro-
vides a social interaction.



Smith's
FOOD & DRUG STORES

SMITHS COMMUNITY
REWARDS

Help Young at Heart raise money
by registering your Smiths Card
online at: www.smithsfoodanddrug.com/account/create
Use our code: 85359

You will still receive your full personal rewards and a
portion will be donated to YAH. For more information,
contact Andrea Rajeski.

Knitting, Crocheting & Needle Point

This group meets every Monday at 9am in the
Ceramics Room to create various projects and
have a good time. If you are interested in join-
ing us, please contact Linda Sawtelle at 783-7278.



YOUNG AT HEART ICE CREAM SOCIAL & BINGO

Douglas County Senior Center
1329 Waterloo Lane, Gardnerville



April 11th

Doors open at Noon

First 2 Card are free..

\$1.00 each additional card

(No Daubers)

MEMBERS ONLY

(Memberships will be sold at the door for \$5.00)



CARSON VALLEY TRUNK SALE

YOUNG AT HEART SENIOR
CITIZEN CLUB PRESENTS OUR
FIRST ANNUAL TRUNK SALE.

June 27th 2015 (Saturday)
Time 8am-3pm.

\$25.00 for two parking spaces car/truck, bring your own table

\$30.00 for non-resident (Douglas County), \$35.00 day of event.

Cutoff date June 13,2015

Douglas County Community/Senior Center
1329 Waterloo Lane,
Gardnerville, NV
775-782-5500

All proceeds go back to the seniors in Douglas County
Breakfast Burritos, coffee and other goodies for sale



Get Involved

YOUNG AT HEART ANNUAL ELECTIONS AUGUST 2015



Interested in running for the Young at Heart Board?

Are you out going? Are you a worker bee? Have computer knowledge?

Do you think out of the box? WE NEED YOU! We are looking for all good people, must be 55 or older to be on the Board.

For more information, call Steven Swabacker 775-267-1608, saswabacker@charter.net

Andrea Rajeski (President) 775-392-1204, arajeski@charter.net Please, no calls after 3pm daily.



CLICK WITH VERA GESSELMAN!!

Are you are interested in learning more about how to work a computer, send email, surf the web, or a variety of other tasks? Vera would love to help and will come to your home!!

Contact the Senior Center for more information or to register at 783-6455. Vera had graciously volunteered to teach those interested at no charge.



Gardnerville Senior Center

Classes and Groups

Watercolor Class



Watercolor classes continue at the Senior Center in the "Ceramics". They meet on the 2nd and 4th Thursdays of the month from 9am-12pm. Each class is just \$20 and all supplies are included. To sign up or for more info, please call instructor, Lada Trimble at 882-6061.

Silver Yoga



Silver Yoga meets on Tuesdays and Thursdays throughout the summer at the Gardnerville Senior Center in the grass area of the parking lot at 10am. This class can be done sitting in a chair. It is offered for a suggested donation of \$3 per class. If you have any questions, please call 775-783-6455.



Exercise Class

Free Fitness Exercise Class
Work on your flexibility, range of motion and balance. Class meets Monday, Wednesday and Friday mornings in the Community Center Exercise Room from 10:30-11:30am



"Coping with Change" Senior Support Group

This new group meets on the 2nd & 4th Wednesday of each month from 9:30-10:30am at the Sr. Center, in the Conference Room. This group is sponsored by the Carson Valley Medical Center—Vitality for Life.

Grief and loss are processes we go through as we adjust to the loss of anything important in our life; loss of a loved one or relationship, empty nest, retirement, health, family, finances, etc. The work of grieving is emotionally, mentally and physically exhausting and there is no right, or wrong way of grieving. This group is geared toward helping you through this process.

Parkinson's Disease Support Group

The focus of this group is to talk, share experiences and learn how to live with this chronic condition and how to slow down its progression through exercise. We will discuss exercises that will help with rigidity and balance. This group will meet on April 22nd at 1:45pm in the Senior Center Conf. Room. For more information, contact Imelda at (209) 918-3692

Dementia & Alzheimer's Support Group

This group meets on will meet every 3rd Wed from 9:30-10:30 at the Sr. Center in the Conference room. The next meeting will be Wednesday, April 15th The group will focus on helping caregivers of loved ones stricken with dementia address various issues associated with the progression of dementia and its affects.

CRIBBAGE

If you like to play Cribbage, then come and join us on Wednesday nights at the New Community Center at 6:30pm. All ages are welcome. For information, call Pet Stemler at 882-3739 or Chuck Kiel at 782-5929

Mark Your Calendar for these Upcoming Senior Center Events...

April

1st—April Fools Day
3rd—Easter Hat Parade
5th—Easter Sunday
17th—Spring Fling Dance
25th—Volunteer Appreciation Brunch
30th—Meadowood Mall Trip

May

1st—Merle Haggard Concert
3rd—Sleeping Beauty Ballet
8th—Mother's Day Celebration
9th—Big Mama's Car Show & Shine
10th—Mother's Day
16th—Music Man Trip
25th—Memorial Day
31st—Aces Ball Game

June

2nd—Wings of Freedom Tour
5th—Renaissance Festival Trip
10th—BBQ in the Park
13th—Tap Factory Trip
18th—Meadowood Mall Trip

TRIPS & ACTIVITIES

All trips and activities are open to the public and are filled in a first-come first-served basis and may be



SENIOR SPRING FLING DANCE come join us for an evening of live music, dancing and fun. We will dance the night away on April 17th, starting at 6-9pm. The cost for the dance is \$10.00 per person or \$15.00 per couple. There will be dessert, coffee, punch and water provided. Tickets can be purchased at the front desk ahead of time, or at the door. A variety of music and entertainment will be provided by Don & Nadine YAH will be selling tickets and raffling a gift basket.

MEADOWOOD SHOPPING MALL

Get ready to shop till you drop! Are you ready for a day of shopping, people watching and getting out of the house? Join us on a trip to Meadowood Mall on Thursday, April 30th. We will depart the Douglas County Community & Senior Center at 9am and return by 4 pm., as we may make a few extra requested stops along the way. The cost for this trip is only \$10.00 and includes your transportation. Please plan to bring or by your lunch at the mall. Sign up for this trip at the front desk on or before April 27th.



Merle Haggard

Join us on May 1st, for this boot stomping great night, clapping along to classics like "Mama Tried", "Okie From Muskogee", "If We Make It Through December", "Working Man Blues" and many more. We will be dining at Saletti's prior to heading over to TJ's Corral Event Center located at CVI on May 1st. The cost for this dinner and concert is \$65.00. Tickets are going fast so don't wait. Sign up and pay by April 17th. For more information, contact Sheri

We will be headed to the **Sleeping Beauty Ballet Theatre** opens with the classic Sleeping Beauty on May 3th at the Pioneer Center for the Performing Arts at 12:15pm from the Gardnerville Senior Center. The Reno Philharmonic Orchestra will perform the haunting score to this wonderful ballet. Sleeping Beauty is the story of a beautiful princess who is cursed by the evil Carrabosse. Professional dancers from throughout the country will star in the lead roles. The large cast includes many talented dancers from four different ballet studios in the Reno area. The cost for this trip will be \$65.00 and will include dinner at the Cheesecake Factory. Sign up and pay for this trip by April 20th.



THE MUSIC MAN concerns a con man, Harold Hill, who poses as a boys' band organizer and leader and sells band instruments and uniforms to the naive Iowa townsfolk, promising to train the members of the new band. Harold, however, is no musician and plans to skip town without giving any music lessons. Harold risks being caught by falling in love with the local librarian. Come along with us on this journey of love and con on May 16th. We will depart the Senior Center at 11am for Fandango Brunch and Show. The cost for this trip is \$58.00. The deadline to sign up and pay for this trip is May 1st.

TAKE ME OUT TO THE BALL GAME Join us for a day at the Reno Aces Ball Park on Sunday, May 31 where the Reno Aces will play the New Orleans Zephyrs (Florida Marlins AAA Team). The cost of this trip will be \$30.00 and will include tickets to the game, transportation. We will depart the Gardnerville Senior Center at 11:15 am. The deadline to sign-up and pay for this trip is May 22nd.



***** Please note, all sales are final and must be paid for within 14-days of the scheduled event or your reserved place will be given to another party. Most trips and tickets all are paid for in advanced and last minute cancellations, unless under emergency circumstances, WILL NOT be refunded, but may be credited for a future trip.**

TRIPS & ACTIVITIES

All trips and activities are open to the public and are filled in a first-come first-served basis and may be



WINGS OF FREEDOM

The Wings of Freedom Tour has announced it will return to the Minden-Tahoe Airport in June. The tour will bring the Boeing B-17 Flying Fortress "Nine O Nine" WWII Heavy Bomber, Consolidated B-24 Liberator "Witchcraft", and P-51 Mustang Fighter. Our buses will depart the Gardnerville Center on June 2nd at 9am. We will be enjoying lunch at the Flight Restaurant after the tour. The cost of this trip and lunch will be \$35.00. Sign up and pay for this trip at the front desk by May 19th. For more information, contact Sheri.

RENAISSANCE FESTIVAL

we will romp through Elizabethan England, where we will be immersed in an olde world adventure set in the beautifully wooded Camp Richardson, departing at 9am on June 5th. We will rub elbows with nobility, pirates, barbarians, beautiful ladies, juggling, music, shopping, comedic storytelling and feats of physical skills. The cost of this trip is \$25.00 and includes tickets and a picnic lunch. Sign up and pay for this trip at the front desk by May 22nd. For more information, contact Sheri.



THE TAP FACTORY

Prepare for a toe-tapping evening! This fun, rhythm-based theatre show showcasing urban tap dance and percussions, hip-hop music, comedy and acrobatics and is playing for the first time in the U.S. We will be departing the Gardnerville Center at 3:30pm on June 13th. The cost for this dinner and show is \$60.00. Sign up and pay for this trip at the front desk by June 1st.

MEADOWOOD SHOPPING MALL

Get ready to shop till you drop! Are you ready for a day of shopping, people watching and getting out of the house? Join us on a trip to Meadowood Mall on Thursday, June 18th. We will depart the Douglas County Community & Senior Center at 9am and return by 4 pm., as we may make a few extra requested stops along the way. The cost for this trip is only \$10.00 and includes your transportation. Please plan to bring or by your lunch at the mall. Sign up for this trip at the front desk on or before June 15th.



Wine Tasting Trip

Join us for a day of sipping and tasting wine made from the local wineries of Fairplay/Placerville, California. We will depart the Gardnerville Center at 9am on Friday, July 10th. The Wineries of Fairplay make distinctive white wines from Chardonnay, Sauvignon Blanc, and Viognier and delicious red wines from Zinfandel, Barbera, Syrah, Cabernets, Petite Sirah and Port. The cost of this trip is \$25.00 and includes lunch at a local café. Sign up and pay for this trip on or before July 1st.



TAKE ME OUT TO THE BALL GAME Join us for a day at the Reno Aces Ball Park on Sunday, July 12th where the Reno Aces will play the Tacoma Rainiers. The cost of this trip will be \$30.00 and will include tickets to the game, transportation. We will depart the Gardnerville Senior Center at 11:15 am. The deadline to sign-up and pay for this trip is July 1st.

*** Please note, all sales are final and must be paid for within 14-days of the scheduled event or your reserved place will be given to another party. Most trips and tickets all are paid for in advanced and last minute cancellations, unless under emergency circumstances, WILL NOT be refunded, but may be credited for a future trip.



Do you have Internet access?

The newsletter is ready on the first of the month. Be the first to see it by signing up for our e-news list!

If you would like to have the newsletter emailed to you as soon as it is completed please send an email titled "Newsletter" to:

skarosich@douglasnv.us and I will be happy to add you to the list!

GAME ANSWER

9	7	4	1	8	6	3	2	5
2	5	1	7	3	9	6	4	8
3	6	8	5	2	4	9	7	1
1	9	5	4	7	8	2	3	6
4	8	2	3	6	5	7	1	9
6	3	7	2	9	1	5	8	4
7	4	6	9	1	2	8	5	3
8	1	3	6	5	7	4	9	2
5	2	9	8	4	3	1	6	7

Look Who's Having A Birthday...

1st—Gordon Gray, Jim Harrison, Flicka Howard, Erika Mackey, Carole Mann, Jeri Peterson, Arthur Simpson, Rick Towner, Mike Welsh
2nd—Janet Braman, Peggy Ellena, Barbara Hensen, Carolyn McLeod, Mitzi Neal, Barbara Penga, Judy Samet, Audrey Von Epp
3rd—Richard Demuth, Anke Hagedorn, Barbara Hooser, Margaret Reimann, Thelma Schroder, Mike Schuman, Delora Wilde, George Winkleman
4th—Judi XCecchetti. Ted Freyler, Barbara Furry, Theresa Martin, Norbert Monohan, Jean Presto, Ronald Stowell, Stanley Timoshek
5th—Evelyn Burton, Kathy Dent, Paul Fleury, Kat Bassam, John Paxin, Anne Saucedo
6th—Joyce Brewer, Diane Carroll, Bill Cranney, Ellen Davis, Gwen McGinley, Howard Rees, Ann Rose, Brad Sikes, David Skavdahl, James Young
7th—Barbara Dawson, Maria Fruhmman, Ann Hill, William Kaster, Christina McCain, Margaret Olesen, Jane Wade
8th—Clay Dudoit, Eleanor Hollis, Bobbie McKee, Al Perona, Joseph Presto, Cal Sato,
9th—David Doty, Donald Ewing, Audry King, Mort Kirson, Theresa Rowe, Helen Ruppel
10th—Dannie Buis, Bonnie Carter, Frank Chufar, Susan Gehringer, John Louritt, Vera Martin, Sherrie Miller, Allen Schwartz

11th—Linda Anderson, Frank Dutra, Jeanne Lamb, Nancy Miller, James Murphy, JoAnn Peters, Elsie Rees
12th—Roland Campbell, Jean Garrett, LeRoy Scheele, Charlene McDonald, Norm Osterberg, Paula Stack, Janet Stanley, Jim Wilson, Leroy Zale
13th—Mary Busigin, Emile Hastert, Calvin Hawkins, Mary Hornady, Albert Kovert, Carmen Lilleboe, Diana Ludlow, Jerry Rasmussen, Siripon Schunk, Edith Tilden, Beverly Woodstock
14th—Virginia Bryan, Peter Mahoe, Bob Nielsen
15th—George Hudder, Pearl Schmidt, Rodney Sherwin, Vicky Youngman
16th—Sondra Condron, Fred Galanty, Daphne Hansell, Colleen Odekirk, Curt Sonderegger, Paul Tanaka, Barbara Valentine
17th—Edward Burns, Sharla Cane, James Joseph, Karen Kincheloc, Iris Lecheminant, Jeff Sims, Lois Sonnenwald, Sylvia Terzich
18th—Mel Grimm, Nancy Howard, Luana Renfro, Martha Willis
19th—Grace Brondel, Craig Clayborg, Wildareane Hope-Swall, Wayne Scarpaci, Ranger Wilson
20th—Hazel Dunn, Jo Lamarch, Ann Martin, Larry Nichols, Joseph Pacolt, Lillian Wresh
21st—Shirley Biase, Neva Dirks, Ruth Dressler, Joseph Durante,

Diane Hutton Potts, Judy Johnson, Vern Martin
22nd—Vincent Bezilla, Dorothy Chicow, Margaret Godde, Ron Hovis, Wanda Husby, Carrie Johnson, Terry Payne, Diane Quail, William Tuinier
23rd—Oscar Anderson, Lillie Kellenberger, L. Nora Weaver
24th—Nancy Aten, Martha Bricker, John Bryant, Wilma Davenport, Wilma Fulkerson, Wilma Gavenhill, Timothy Murray, Reynese Peterson, Mary Rubino
25th—Barbara Byington, Thomas Foley, Ronald Garcia, Kathy Goheen, Patricia Howard, Pat Newton, Betty Stewart, Patricia Worth
26th—Laura Bolger, John Childers, Antonia Delgado, June Knuth, Dick Lafferty, Denes Papp
27th—Bertha Bowman, Carolyn Johnson, Roseann Winkler
28th—Steve Bolger, Jack Shaw
29th—Richard Bender, Susan Bobek, Sherri Coleman, Marlene Dias, Jerry Howard
30th—Donald Derdrun, Michael Dodd, Betty Gert, Manuel Gonzalez, Gloria Haworth



*Happy Birthday
to You,
Happy Birthday
to You,
Happy Birthday
Dear Seniors,
Happy Birthday
to You!!!*



Please remember:

Due to the large number of meals served daily, we are not able to accommodate "special orders."

However, you may request a diet dessert, a "half-portion" or "no bread" with your meal.

All food that is not served is packaged for Meals on Wheels. Thank you!

Quote for the Month

*Spring is the time of year,
When it is summer in the sun
And winter in the shade.*

-Charles Dickens

* Sudoku * Sudoku * Sudoku *

The rules to play Sudoku are quite simple... Fill in the blanks so that each row, each column and each of the nine 3x3 grids contain one instance of each of the numerals 1 through 9. I heard on TV that doing Sudoku may help strengthen memory. And it is fun, too! Find the answer On page on page 9.

		4				3		
2			7		9			8
	6		5		4		7	
		5		7		2		
4			3		5			9
		7		9		5		
	4		9		2		5	
8			6		7			2
		9				1		



Meet Your Neighbor...

JANE ALLEY

Jane moved to Nevada from Arizona where she had owned a women's clothing store for 4 years and worked for Friendship Village Retirement Center in Mesa. Jane moved back to the Carson Valley area six years ago. Jane and her husband were both worked in Real Estate in the Lake Tahoe area (top of Kingsbury) for 12 years. She had also owned a helicopter business for 8 years.

Jane has four children: Lisa and Tiffany Alley who both live in Austin, TX. Sheri Warnick, who lives in Carson City, and is also a volunteer at the Senior Center. Mark Alley, is a helicopter pilot for Cal-Star in Tahoe.

Jane has been back in the Carson Valley for the past 6 years and has volunteered at the Senior Center for 3 years. She loves the area and has met so many wonderful people. She loves helping out at the senior center where she especially enjoys giving hope and direction to so many people.



Infinity Hospice Care has volunteer opportunities for those interested in making a difference in the lives of others. We offer free volunteer training to prepare you in assisting patients and their families with a life-limiting illness.

Infinity Hospice Care is proud to be a part of the "We Honor Veterans" program as a 4-Star level partner. Veterans have unique end-of-life needs that are specific to their time in the military. Veteran Volunteers serve a unique end-of-life need that honors our veteran patients.

Anyone interested in volunteering can contact Kathy Tilton, Volunteer Coordinator at 775-852-6002 or vel.reno@infinityhospicecare.com for more details.



Senior Center Volunteers

Are you looking for an opportunity to volunteer? Come on in to the Senior Center and find out how you can help us keep our programs running or call 783-6455.

ADOPT A SOLDIER

Your support makes a difference!

Adopt A US Soldier is a non-profit organization that seeks volunteers to help show the brave men and women fighting for our freedom that their sacrifices will not go unnoticed. It connects supportive civilians with deployed troops and offers a channel by which to communicate encouragement and express gratitude to those brave men and women serving in the United States Armed Forces.

Adopt A US Soldier is active in over 160 countries/territories/ independent states with thousands of active volunteers supporting our troops by adopting a soldier. It is very easy to do and more rewarding than you can imagine, and you will show a soldier that you support them and cherish your freedom.

What Should I send my Soldier?

First and foremost deployed soldiers love any word from home. Any news, and trivia, even just the mundane and boring details of your everyday life are treasured by our troops. Just knowing that somebody cares enough to send them a kind word and to take the time to say thank you does more than you'll ever know.

To adopt a soldier, visit: <http://www.adoptaussoldier.org> or contact Sheri to help with registration.

Gardnerville Activities & Trips—March



Madame Houdini



Guys & Dolls



Tech Day with
Douglas High



Another Packed House



T.R.E. Upcoming Activities & Events—April

What's Happening in TRE:

TRE Congregate Dining: Congregate Dining is provided each Monday, Tuesday and Thursday at 12pm at the TRE Community Center located at 3939 Carter Way in Topaz Ranch Estates. The suggested donation for lunch is \$3.00* for anyone 60 years or older. ***Those unable to pay will not be denied service.**

FREE Blood Pressure Checks: Will be at the TRE Community Center Blood Pressure Clinic is Tuesday, April 21st from 12:15pm-12:45pm **Douglas County Social Services:** TRE Community Center every Tuesday from 1pm—4pm **TRE Food Closet:** Located at 1441 Agate Road (TRE Church/enter at the side door) Open the last Monday of each month from 1-3p.m. ****No questions asked**** Nonperishable food donations are also accepted.

WE ARE HERE TO
SERVE



We Support Our



Local V.F.W.

JOIN US FOR LUNCH



BUNCO

Join us for Bunco!!

On April 11th from 12:00pm—3:00pm

We play every-other-month

Cost is \$16.00 and includes Taco Salad.

For more information, contact Deanna Newman

775-410-7140



-BINGO-

Join us for BINGO
every

Monday, Tuesday and
Thursday before lunch for a
chance to win a free lunch.

Mark Your Calendar for these Upcoming TRE Senior Center Events...

April

1st—April Fools Day

5th—Easter

11th—Bunco

15th—Sagehen's Meeting & Potluck

24th—VFW Breakfast @ 8:30am

May

2nd—Sagehen's Craft & Flea Market @2:00pm

10th—Mother's Day

20th—Sagehen's Meeting & Potluck
@12pm

22nd—VFW Breakfast @ 8:30am

June

Check Back for Updates for June

No. County Upcoming Activities & Events—April

What's Happening in North County:

North County Dining: Congregate Dining is provided each Wednesday and Friday at 12pm, at the James Lee Park GID, located at 3394 James Lee Park, Carson City (Indian Hills). The suggested donation for lunch is \$3.00 for anyone 60 years or older. ***Those unable to pay will not be denied service.**

FREE Blood Pressure Checks: North County GID Center will be, Wednesday, April 22nd from 11:45am—12:45pm.. \

Douglas County Social Services: North County GID the last Wednesday of each month from 11am—1pm.

MARCH BIRTHDAY



WE'RE HERE TO SERVE!!



Lunch Time Book Exchange



Let's Play!



Every Friday at 1:00pm after the meals are served, we have several games available for play with your neighbors.

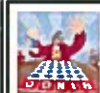
Card Games:

Cribbage, Canasta

Dice Games:

Yahtzee, Parcheesi, Farkle, Chess & Dominos *Any other games of choice*

For more info. see Sheila



Bingo...Bingo...Bingo

Every Wednesday, from 10:30 a.m. until 11:30 a.m. Any persons interested in partaking of the Bingo games, be sure to come early enough to purchase bingo cards. Cards will be available at two cards for one dollar.

You can play as many cards as you can keep track of for each game. Please see Kathryn if you have questions.

Good Luck to all!

Book Exchange



Book Exchange

It will be available to those who like to read, and are willing to share use books. Any books that are donated to the No. County/GID library and not taken, will be donated to the Senior Center.

Please see Linda for details on the number and type of books we are seeking.

Mark Your Calendar for these Upcoming N. County Senior Center Events...

April

1st—Bingo
3rd—Easter Celebration & Game Day
8th—Bingo
10th—Game Day
15th—Bingo
17th—Game Day
22nd—Bingo
24th—Game Day
25th—Volunteer Appreciation Brunch

May

1st—Game Day
6th—Bingo
8th—Game Day
10th—Mother's Day
13th—Bingo
15th—Game Day
20th—Bingo
22nd—Game Day
27th—Bingo

June

3rd—Bingo
5th—Game Day
10th—Bingo
12th—Game Day
17th—Bingo
19th—Game Day
21st—Father's Day
24th—Bingo

Tahoe-Douglas Upcoming Activities & Events—

What's Happening in Tahoe-Douglas:

Tahoe-Douglas Congregate Dining: Membership Lunch takes place at Harrah's Casino. *Membership renewal or new membership dues is available now for \$15.00 per calendar year. Checks for membership can be mailed to Karen Hill or delivered to the Tahoe-Douglas Center located at **885 Highway 50, Zephyr Cove, Nevada** (next to the fire station) on Tuesday or Saturdays from 10am-1pm. Membership applications much be filled out) For more information, contact, Karen Hill at (530) 541-1689.

April Birthday's

7th—Mary Snyder
13th—Doris Valentine
16th—Arthur McAlice
20th—Bob Nelson
29th—Emilie Lorenz
30th—Mike Monaco

TEXAS HOLD'EM

Game Times:

Fridays from 9:30-11:30 & 11:30-12:15pm

Wednesdays from 2:30-5pm

Coffee, tea, hot chocolate, cake, Pie & donuts are available.

There is a \$5.00 buy0in for each session and we pay out a 1st, 2ns & 3rd place.

*Transportation may be arranged if needed.

**Want to learn how to play? We can teach you! Come join us!



COMPUTER CLASS

On Monday, April 13th from 11am-1pm, and the CG Auxiliary will continue their Computer

Class at the Douglas County Senior Center in Zephyr Cove.

Bring your computer related problems that make your life with the computer frustrating!

Vic Beelik and Jim Snell, members of the CG Auxiliary Flotilla located here on the South Shore of Tahoe will try to help you.

Thought of the Month: THOUSANDS OF REASONS

By: Doc Zantamata

If every morning, You can find a reason to say,
"Yes, it's going to be a beautiful day."
And every day, you find a reason to say, "Yes, it is a beautiful day."
Then one day, You'll look back and easily say,
"Yes...it was a beautiful life."

Tahoe Douglas Officers:

President: Mary Lou Drummond
Vice President: Rose Parenteau
Secretary: Julie Burns
Treasurer: Barbara Cooper
Trustee: Kate Huckbody
Trustee: Karen Hill
Trustee: Allan Sutter
Trustee: Bob Cook
Trustee: Pat Southers

Mark Your Calendar for these Upcoming Tahoe-Douglas Senior Center Events...

April

1st—Board Meeting 10am & Texas Hold'em 2:30-5:50
2nd—Game Day 12-4pm
3rd—Tx Hold'em 9:30-11:30am & 12:15-5pm
4th—Bingo 1pm
7th—Bingo 1pm
8th—Membership Luncheon (Harrah's) 11:45am & Tx Hold'em 2:30-5pm
10th—Tx Hold'em 9:30-11:30am & 12:15-5pm
12th—Bingo 1pm
13th—Computer Class 10-12pm
14th—Bingo 1pm

15th—Texas Hold'em 2:30-5:50
16th—Mexican Train 12p-4p
17th—Tx Hold'em Tourney 9:30-11:30am & 12:15-5pm
18th—Bingo 1pm
21st—Bingo 1pm
22nd—Texas Hold'em 2:30-5:50
24th—Tx Hold'em 9:30-11:30am & 12:15-5pm
25th—Bingo 1pm
28th—Bingo 1pm
29th—Texas Hold'em 2:30-5:50



Chili Rellenos Cassrole

Preheat oven 350 degrees
Bake for 1 1/4 hrs.



Ingredients:

2 cups milk
5 eggs
2/3 cups flour
1-27oz. Can green chilis
1 -2lb bag cheese
1- 8oz can tomato sauce

Directions:

1. Beat eggs, milk and flour until smooth.
2. Split chilies and clean
3. In 13"x 9" x 2" baking pan, coat with butter or spray
4. Layer 1/2 chilies and 1/2 egg mixture and cheese
5. Repeat
6. Pour tomato sauce over the top
7. Bake for 1 1/4 hrs or until middle is done.

Spring Fruit and Vegetables

Spring Fruits

- Apricots
- Cherries
- Grapefruit
- Kiwis
- Kumquats
- Lemons
- Navel Oranges
- Strawberries

Spring Vegetables

- Artichoke
- Arugula
- Asparagus
- Beets
- Cardoons
- Carrots
- Chard
- Fava Beans
- Fennel
- Fiddleheads
- Garlic
- Green Onions
- Greens
- Kohlrabi
- Leeks
- Lettuce
- Mint
- Morels
- Nettles
- New Potatoes
- Parsley
- Pea Greens
- Peas
- Radishes
- Ramps
- Rhubarb
- Spinach
- Spring Onions
- Sweet Onions
- Turnips